



## PROVIDING SUPPORT TO SOLDIERS IN DISTRESS: BUDDY AID



Whether it's during a deployment or in garrison, any soldier can run into rough times. It could be the pressure of the job, problems at home, the stress of being in a combat environment, or something else. The bottom line is that all of us are vulnerable to feeling rotten. When that happens to one of your buddies, it's important that you know how to help them through what is, for them, a difficult time.

1. Be a good friend, talk with your buddy and find out what's wrong. Listen and be understanding. Be compassionate, people can deal with most anything if they know that there's at least one person out there who understands what they're going through.

2. Remember the acronym **ARMY of ONE**:

**A**nswer cries for help with **C**ompassion  
**R**emain **C**alm  
**M**aintain **v**igilance  
**You can help** your buddy (friend)

**O**ffer your **s**upport and **u**nderstanding  
**F**riends **never leave buddies** alone

**O**perating procedures are **l**istening and **t**alking  
**N**ever discourage your buddy from **t**alking to you  
**E**ncourage your buddy to **g**et help

3. If your buddy is thinking about committing suicide or hurting him or herself, turn this card over.

Card 5 - front



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### **Signs of Suicide**

- Appears depressed: sad, tearful, poor sleep, poor appetite, hopeless;
- Threatens suicide;
- Talks about wanting to die;
- Shows changes in behavior, appearance, mood;
- Abused drugs, alcohol;
- Experienced significant or recent loss;
- Deliberately injures self;
- Giving away possessions;
- Recent break-up in a relationship

### **What to do if you're concerned about suicide...**

Provide **AID**...

**A**sk "Are you thinking about hurting yourself?"

**I**ntervene Immediately!

**D**on't keep it a secret!

Follow the acronym **LIFE**...

**L**ocate Help: Staff Duty Officer, chaplain, doctor, nurse, friend, family, crisis line, hospital emergency room

**I**nform: Chain of command of the situation

**F**ind: Someone to stay with the person –  
***Don't leave the person alone!***

**E**xpedite: Get help immediately! A suicidal person needs immediate attention by helpers.

TC#05 March 2004



For more information access: [www.armyonesource.com](http://www.armyonesource.com)

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